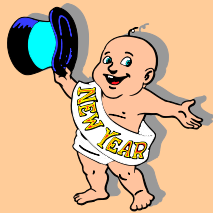


PEACE PARENT LINK

JANUARY 2012

*Happy New Year Everyone,
Thank you for all the support you have given us
this past year. We look forward to seeing you
here again in 2012. The highlight this year was
the development of our new playground. To all
who helped in that development, Thank You! We
could not have done it without your support.*



*From all the Staff at
Peace Parent Link,
we wish you*

*Joy in the New Year
with lots of Laughter.*

HAPPY NEW YEAR



YogaKids with JO 

FOR: Children ages 3-6 (parents/guardians are invited to join or watch)

WHEN: January 11, 18, 25, February 1, 8

WHERE: Parent Link Meeting Room

TIME: 1:30-2:30 pm (please come 10-15 minutes early for the first lesson to sign in)

COST: FREE

BRING: Yoga mat or towel, water, and please wear comfortable clothing you can move in.

Please Register at the Parent LINK Centre

GROSS MOTOR MONTH

This January, Parent Link Staff will again be setting up the center for Gross Motor Play. The programs Hands On, Imagine That and Tiny Tunes will be doing programs that promote Gross Motor activities. In the past, it was thought that preschooler were active enough, but recent research is showing that children under the age of 5 years are overweight or obese. Children are involved in less physical activity and doing more sedentary activities (TV, computer games etc.) More research will be done over the next few years in preschool physical activity. It is important to incorporate active play time every day for our young children as part of a healthy lifestyle. At Parent Link we have a booklet called Healthy Eating and Active Living produced by the Alberta government. Drop by and pick one up and talk with our staff about other physical activities you can do with your children on cold winter days.

**ALL PROGRAMS RESUME THE WEEK OF
JANUARY 9TH SEE PAGE 4 & 5 FOR MORE DETAILS**

FASD SUPPORT GROUP

For Caregivers/parents of children affected by FASD. The group meets every third Wednesday of the month in either Peace River or Fairview. January's meeting will be in Peace River at the Parent Link Center from 7 to 9 pm. Contact Aaron for more information

**Working with families to give children
the best start in life.**

Laugh Your Way to a Better Marriage

Facilitated by Reverend Shannon Whitehouse

COMING MARCH 23 & 24

Friday Night Session-Dinner and opening DVD session
 Saturday Session- Flag page, bring a lunch to share with your spouse
 Sessions will take place at Springfield School
 Free childcare will be provided at the Sugar Plum Tree Daycare
 Subjects to be addressed: The Tale of Two Brains, Why Does he/she Do That? The #1 Key to Incredible Sex, and How to Stay Married and Not Kill Anybody.
Register at the Parent Link Center



Love n' Shine Playgroup

Child & caregiver playgroup
 A time for children 0-5 years to sing, play, and laugh as well as a time for caregivers to connect with one another.
 Parents/caregivers must be accompanied by a child.

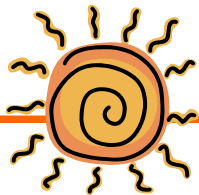
January 13, 20, 27
 February 3, 10, 24

10-11:30 am

Early Childhood Resource Center
 #603-3 Street SE

Contact Cindy McLeod
 (780) 836-2758

Manning



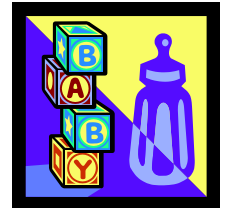
Coming Soon To

Baby's Day Out



Baby positioning and head shape
 More on baby sign language

Tiny Teeth
 Family Day Home
 Information session on baby first aid



Tips from Triple P

Being a parent is the most important and challenging jobs we will do. There is no single right way to be a parent and there are many different views on how to go about raising children. You have to feel comfortable with how you parent and how it fits or works in your family.

Some Parenting Traps

- The 'it's all my fault' trap
- The 'negative parent' trap
- The 'it's all their fault' trap
- The 'leave them alone' trap
- The 'martyr' trap
- The 'perfect parent' trap
- The 'for the sake of the children' trap
- The 'they'll grow out of it' trap



January 3rd to 6th

Call Tracey to make appointments for ASQ or Triple P services in the Fairview Office
 (780) 835-3273

The Ages and Stages Questionnaire (ASQ) looks at children's development in 5 key areas: communication skills, gross motor skills, fine motor skills, problem-solving skills and personal-social skills. The Ages and Stages Social-Emotional Questionnaire (ASQ-SE) focuses exclusively on the social and emotional development of your child. This refers to your child's ability to interact with others and adapt to new and varying situations. Parents/guardians can request an ASQ and ASQ-SE as young as 2 months to 66 months.
See Parent Link Staff for more information.

Taken from the Triple P Tip sheet "Being a Parent") To find out more information on Parenting Traps come join us at our first Power Hour of 2012 on **January 12th at 12pm**. We will look at a different day and time if the people in attendance would like to change to a more convenient time.



La Petite École

If you are fluent in French, took some French in school, interested in French Immersion and/or Francophone School for your children, or are interested in learning French for yourself and your children, come to La Petite École. With an emphasis on exposing children to the French language and culture, come engage in hands-on activities, stories, bilingual songs, and connect with other parents of young children. Children, parents, grandparents and caregivers welcome!



10:00	Free play– interactions between child-child, child-adult, adult-adult
10:20	Clean-up
10:25	Circle Welcome–each child finds his/her name and sticks it on our attendance board Songs–Bilingual songs with gestures to explore vocabulary and themes. Songs will circle on a monthly basis. Activity-based on the day’s theme (story, game, etc.)
10:45	Craft/manipulative activity
11:10	Snack Free Play
11:25	Clean-up Goodb-bye

Who: For families of young children 0-5 who want to expose their children to the French language and culture.
When: Fridays from 10-11:30
Where: École des Quatre-Vents in the preschool classroom



For more information
 contact Sarah
 5nickonchuks@gmail.com

Date	Theme	Exploring Vocabulary
13 Janvier	Winter	Neige, bonhomme de neige, froid, blanc, traîneau, manteaux, mitaines
20 Janvier	The forest	Traces, animal, arbre, ours, oiseau, ecureuil, chevreil
27 Janvier	The circus	Lion, elephant, giraffe, clown, balloon, mais soufflé
3 Février	Carnival (Quebec)	Bonhomme, plaisir, neige, hiver, Cabane a sucre
10 Février	St. Valentine	Coeur, amour, rouge, rose, caresse, aimer
17 Février	No program	No program
24 Février	Pets	Chat, chien, oiseau, poisson, grenouille, la pin



Peace Parent Link



WINTER 2012 PROGRAMS

PEACE RIVER

7715-99th Street. * Phone: 780-624-0770

* Email: parentlink.peace@gmail.com

<i>Baby's Day Out</i>	Ages 0-14 Months	Thursdays 10:00—11:30 a.m. Portable #2	Information and support for new parents. Join us for 'baby talk', interactive activities and rhymes.
Hands On	Ages 14 months to 3 Years	Tuesdays & Thursdays 10:15—11:15 a.m.	Activities, songs & stories for you and your child
Imagine That	Ages 3-5 Years	Fridays 10:00—11:00 a.m.	Geared towards expanding your child's imaginative play. Each new adventure will build on 'real life skills' such as cooperative play, age appropriate social and language development, number recognition and problem solving as children explore the amazing world around them.
<i>Tiny Tunes</i>	Ages 0-5 Years	Wednesdays 10:15—11:00 a.m.	A fun music filled environment full of interactive songs & musical instruments.
Wonderful Words	Ages 3-5 Years	Tuesdays 2:30—3:30 p.m.	This program will focus on methods of story telling and retelling without using books. Children will be challenged to use their imagination and create characters and environments they will remember long after the story has been told. There will be activities and crafts directly related to the stories told and it is the perfect way to discover the world of the oral story with a child.
COLOUR MY WORLD!	Ages 0-6	One Friday a Month 10:00—11:30 a.m.	One Friday a month, we will be having an entire morning devoted to painting! Come in your painter clothes and join us for all kinds of colourful play! Older siblings welcome.

OUTREACH

Fairview Office: 10316-109 St.

Phone: 780-835-3273 * Email: parentlink.tracey@gmail.com

Manning Office: Manning Elementary Annex

Phone: 780-836-2758 * Email: parentlink.cindy@gmail.com

<i>Nampa Parent & Tots</i>	Ages 0-6 Years	Mondays 10:00—11:30 a.m. Nampa Library
Spirit River Silly Time	Ages 0-6 Years	Tuesdays 10:00—11:30 The Brownlee Building
Grimshaw Book Bugs	Ages 0-6 Years	Wednesdays 10:00—11:30 a.m. New Horizon Drop In Centre
Berwyn Book Bugs	Ages 0-6 Years	2:00—3:30 p.m. Lloyd Garrison School Playschool Room
<i>Hines Creek Happy Kids</i>	Ages 0-6 Years	Thursdays 10:00—11:30 a.m. Seniors Drop In Centre
Manning Love and Shine	Ages 0-6 Years	Fridays 10:00—11:30 a.m.
Hawk Hills Playground	Ages 0-6 Years	2nd Tuesday of the Month 10:00—11:30 a.m.
<i>La Petite École</i>	Ages 0-5 Years	Fridays 10:00 —11:30 am Ecole des Quatre-Vents (preschool classroom)

ALL PROGRAMS ARE SUBJECT TO CHANGE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 PLC Closed	3 Drop-In 9-5 p.m.	4 Drop-In 9-5 p.m.	5 Drop-In 9-5 p.m.	6 Drop-In 9-5 p.m.	7 Drop-In 10-2 p.m.
9 Nampa Parents & Tots 10-11:30 a.m., Drop-In 9-5 p.m.	10 Hands On 10:15–11:15 a.m. Spirit River Silly Time 10:00–11:30 a.m. Wonderful Words 2:30–3:30 p.m. Drop-In 9-5 p.m.	11 Tiny Tunes 10:15-11:00 a.m. Berwyn Book Bugs 2:00–3:30 p.m. Grimshaw Book Bugs 10:00–11:30 a.m. Drop-In 9-5 p.m.	12 Baby's Day Out 10:00–11:30 a.m. Hands On 10:15–11:15 a.m. Hines Creek Happy Kids 10:00–11:30 a.m. Drop-In 9-5 p.m.	13 Imagine That 10:00–11:00 a.m. La Petite École École Quatre Vents 10:00–11:30 a.m. Manning Love & Shine 10:00–11:30 a.m. Drop-In 9-5 p.m.	14 Drop-In 10-2 p.m.
16 Nampa Parents & Tots 10-11:30 a.m., Drop-In 9-5 p.m.	17 Hands On 10:15–11:15 a.m. Spirit River Silly Time 10:00–11:30 a.m. Wonderful Words 2:30–3:30 p.m. Drop-In 9-5 p.m.	18 Tiny Tunes 10:15-11:00 a.m. Berwyn Book Bugs 2:00–3:30 p.m. Grimshaw Book Bugs 10:00–11:30 a.m. Drop-In 9-5 p.m.	19 Baby's Day Out 10:00–11:30 a.m. Hands On 10:15–11:15 a.m. Hines Creek Happy Kids 10:00–11:30 a.m. Drop-In 9-5 p.m.	20 Imagine That 10:00–11:00 a.m. La Petite École École Quatre Vents 10:00–11:30 a.m. Manning Love & Shine 10:00–11:30 a.m. Drop-In 9-5 p.m.	21 Drop-In 10-2 p.m.
23 Nampa Parents & Tots 10-11:30 a.m., Drop-In 9-5 p.m.	24 Hands On 10:15–11:15 a.m. Spirit River Silly Time 10:00–11:30 a.m. Wonderful Words 2:30–3:30 p.m. Drop-In 9-5 p.m.	25 Tiny Tunes 10:15-11:00 a.m. Berwyn Book Bugs 2:00–3:30 p.m. Grimshaw Book Bugs 10:00–11:30 a.m. Drop-In 9-5 p.m.	26 Baby's Day Out 10:00–11:30 a.m. Hands On 10:15–11:15 a.m. Hines Creek Happy Kids 10:00–11:30 a.m. Drop-In 9-5 p.m.	27 Imagine That 10:00–11:00 a.m. La Petite École École Quatre Vents 10:00–11:30 a.m. Manning Love & Shine 10:00–11:30 a.m. Drop-In 9-5 p.m.	28 Drop-In 10-2 p.m.
30 Nampa Parents & Tots 10-11:30 a.m., Drop-In 9-5 p.m.	31 Hands On 10:15–11:15 a.m. Spirit River Silly Time 10:00–11:30 a.m. Wonderful Words 2:30–3:30 p.m. Drop-In 9-5 p.m.				